Herbal Powerhouse

Naturally Increase Testosterone

Herbal Powerhouse is the internet outlet for the Herbal Fitness Solutions Inc. brand of supplements. Herbal Fitness Solutions Inc. is a U.S. based corporation registered with and located in the state of Massachusetts. We are registered with the FDA as a domestic food facility (FDA Registration number 18894394224). The owners of this company are U.S citizens living in the USA.

We are dedicated to bringing you high quality supplements. We do not sell supplements that do not have scientific studies backing them up and/or are proven by our own personal testing to work as intended.

We know our prices are most likely the lowest ones you will find for herbal products on line. This may lead you to suspect that our products or service is not top quality. This is not at all the case, our products are as good as or better than any you will find.

Tongkat Ali, Long Jack or Eurycoma Longifolia, the three most common names for this root extract which is a concentrated form of the soluble parts of the root from a small palm tree native to southeast Asia. The strength or concentration of the extract (100:1) means the 100 kilograms of ground root chips are processed with liquid which is then drawn off and freeze dried to yield 1 kilogram of dried extract. This powder is has 100 times more active ingredients per kilogram than unprocessed root powder or chips.

We also carry 200:1 extract. Although no 200:1 extract contains 2 times the active ingredients of 100:1, the extra cost for 200:1 extract will allow you to use significantly less extract for the same effect.

Some suppliers (we consider this unscrupulous) are selling root powder (not extract) or root chips. Others are selling extracts from the plant itself which does not contain the active ingredients in the root. Make sure you are getting pure concentrated root extract, not a mix with other lower cost powders or extracts. These inferior products will not work like pure root extract. You would have to take close to 100 times more root powder than 100:1 extract for the same effect, no wonder they can sell it for less! Others are selling extract in much smaller capsules (80mg, quantity 60). We sell 350mg capsules, quantity 90. Be sure you are getting what you pay for and take a dose size that will actually do something for you.

Tongkat Ali / Longjack Extract

Extracts from the root of Tongkat Ali (Botanical Name: Eurycoma Longifolia) a small palm tree native to southeast Asia have been used for 100's of years in that region for enhancing energy, strength, feeling of well being and libido. All of these effects are strongly linked to healthy testosterone levels.

The results of 4 independent clinical trials using Tongkat Ali extract are shown below. Below that is dosage information and testimonials from our own test subjects using Tongkat Ali 100:1 extract.

There are numerous companies and individuals selling Tongkat Ali products, some are not extracts but just root powder, these will not work due to the miniscule amount of active components in root material, others have doses so low, little if any effect will be noticed. At Herbal Fitness Solutions we strive to provide our customers with proven products that we test and use personally.

The Anabolic Effects of Tongkat Ali Extract

Two groups were selected to participate in a resistance based exercise program while taking Tongkat Ali extract or placebo. The group supplemented with Tongkat Ali (Eurycoma Longifolia) extract showed a significant increase (approximately 4.6lbs) of fat free mass. There were no significant changes in fat free mass in the placebo group. Body fat % was decreased in both groups. However, a greater decrement was shown in the treatment group compared to placebo i.e. 9.14% and 6.57% respectively. The 1 Rep Max test muscle strength test showed an increase in gross muscle power in both groups. The treatment group showed a greater increment in strength compared to placebo i.e. 6.78% and 2.77% respectively. The mean arm circumference in treatment group increased significantly by .75" following the supplementation with no significant changes observed in the placebo group. During and after the administration of Eurycoma, no adverse effects were noted within the treatment group.

Empty Gelatin Capsules

These are empty clear gelatin capsules, best quality available. All sizes meet FDA requirements for human consumption (21 CFR Section 170-189). For your health and safety be sure to ask your capsule supplier if their capsules meet this certification. These are for customers who prefer to fill their own capsules to save money or take different dosages. They come in plastic bags ready to be filled. Size 00 capsules will hold 450mg of our Tongkat Ali extract. Size 0 capsules hold 350mg; Size 1 capsules hold 250mg.

Capsule Filling Kits

Everything you need to fill 50 capsules at a time. These are US made high quality capsule fillers made of rigid plastic designed for long life.They are made by our good friends at Cap M Quick and shipped to you for your personal use to fill your own capsules and save money.

Indonesian Tongkat Ali Extract

Tongkat Ali, Long Jack or Eurycoma Longifolia, the three most common names for this root extract which is a concentrated form of the soluble parts of the root from a small palm tree native to southeast Asia. The strength or concentration of the extract (100:1) means the 100 kilograms of ground root chips are processed with liquid which is then drawn off and freeze dried to yield 1 kilogram of dried extract. This powder is has 100 times more active ingredients per kilogram than unprocessed root powder or chips.

Tongkat Ali Extract / Longjack Extract

Tongkat Ali or Longjack extract also known as Eurycoma Longifolia - 100:1 and 200:1 root extracts are a concentrated form of the soluble parts of the root. The strength or concentration of the extract (100:1) means the 100 kilograms of ground root chips are processed with liquid which is then drawn off and freeze dried to yield 1 kilogram of dried extract. This powder is has 100 times more active ingredients per kilogram than plain root powder or chips. The 200:1 extract is made the same way with 200 kilograms of raw material used to produce 1kg of extract. The 200:1 extract is stronger, smaller doses are required for the same effect.

For more information please visit
http://www.herbalpowerhouse.com